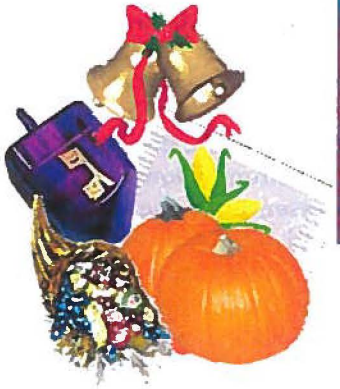

Caribbean Pulse

NAVAL HOSPITAL ROOSEVELT ROADS

November/December

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Leadership Begins With You, My Friend

BY
CAPT CHARLES O. BARKER,
EXECUTIVE OFFICER

You've heard me say *ad nauseum* that each of us is a leader, from the "buck" recruit HR to the 0-9 in Naval Medicine. This may be a trite statement, but certainly a true one. I recently introduced Servant Leadership to a group of returning Army Reservists who were struggling with Post-traumatic Stress Disorder (PTSD). Part of their struggle resulted from poor leadership in their chain of command. As I finished my short talk on leadership, I think it became obvious to them what I meant when I said that each of us is a leader. Whether we know it or not, we choose consciously or subconsciously to be good leaders, not so good leaders, or even poor leaders. I believe most of us want to be good leaders, just as we want to be good co-workers, good friends, good marriage partners, good parents, or good brothers, sisters, cousins, aunts, uncles—name your relationship. As expressed in Hamilton Beazley's metaphor of Servant Leadership as a tree, the driving desire (want to be a good leader) and values (roots) and resultant behaviors/competencies (trunk) constitutes good leadership and leads to optimal followership (branches), and ultimately transforms an organization (leaves/flowers—into a beautiful Flamboyan). However, as good as Servant Leadership is, it does not tell the full story. I'd like to briefly take you one step further towards that ideal form of leadership. If nothing else, I'd like for you to always think deeply about what it takes to be a good leader, something we should all strive to achieve.

Over two thousand years ago, a well-recognized leader and commander said these words, "My command is this: Love each other as I have loved you. Greater love has no one than this that he lay down his life for his friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you…I appointed you to go and bear fruit *(reminds me of a beautiful Flamboyan)*—fruit that will last.... This is my command: Love each other."

Love lasts. What a powerful commandment and one that seems so difficult for us to do. How many of us have seen this kind of love? I dare say often, but we just don't necessarily recognize it as such. I think of the Chesty Pullers—Marines today will willingly die for their Buddies and for leaders like Chesty Puller because they are friends, they are people who take care of each other, who fight along side each

(continued pg. 2)

other, each willing to go to the "point" at any time and any place. Invariably, as history tells it, Chesty Puller was always at the point. Likewise, with each death of an active duty airman, soldier, sailor, or Marine in Iraq or anywhere else in the world where we are establishing or preserving freedom I think of a "FRIEND" who died for me. Can I not put myself at the point for them or for you?

But, the key leadership statement here I want you to think about is the statement, "No longer do I call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you." Bob Briner, a well-known author on leadership principles, tells of a type leadership that keeps secrets. His story leads to the obvious conclusion that kind of leadership will not last for long—a leadership in which followers cannot trust what they are told, or worse, followers are kept in the blind when leadership "knows" but aren't telling. The bottom line for good leadership: Open, honest, and immediate communications with everyone is essential to the viability and growth of leadership—personal or corporate. How many times has the Skipper or I said, "you know what we know and when we know it, you'll know it right away too." No secrets...

So, maybe we really need to be talking about "Friend Leadership" instead of "Servant Leadership." Food for thought...Godspeed!

From the Editor: Tis the Season

BY

HM3 PATRICIA R. HILDEBRANDT, EDITOR

Ah, the Holiday Season. Joy and camaraderie, family and friends, *It's a Wonderful Life,* and "God Bless everyone," right?

Well, not exactly. These days, "Holiday Season," might as well be spelled, "S-T-R-E-S-S." Things at Roosey Roads are doubly stressful this year; in addition to the 'holiday grind,' decommissioning is just around the corner. With orders to sort out, household goods to move, and the idea of a new duty station to get used to, the holidays can seem like an additional burden rather than something to be grateful for. So let's say, "Bah Humbug," and forget the whole thing, okay?

Well . . . Maybe not.

Firmly toeing the Charles Dickens line, I am (historically speaking) a Scrooge of magnificent proportions. I don't decorate, I don't carol, I don't bake cookies for friends and neighbors. I avoid the 'frenzy of consumerism' that takes over the world during the holidays. I have never seen, *It's a Wonderful Life,* nor have I read, A Christmas Carol. I have often held forth on my belief that donating to charity during the holidays is a ridiculous tradition; if one truly possesses the moral fiber to donate, one will do it year round. I authored an extremely questionable version of, *The Night Before Christmas,* during the introverted Gothic ennui of my high school years, one that earned me a trip to the guidance counselor. I am also a carol-faker - I usually don't know much more than the first few words of a given carol, and I "fake" the words in the middle by mouthing them or making approximate noises.

Last year was my first holiday season in the Navy. I was a member of the Auxiliary Security Force (ASF) and we were working 12 hour shifts every day. When the opportunity came up to go to Vieques, I jumped on it. *What's more fun than spending the holidays in cammies with a 9mm on my hip?* I wondered.

That Christmas in Vieques turned out to be pretty memorable, but my year felt oddly empty with the absence of the family get-together. Going home hadn't been a possibility, but I had forgotten about my other family: my friends in Puerto Rico. Someone once said that your friends are the family you choose. Now, not to get all sentimental and Tiny Tim here, but the holidays have a lot more to them than embracing consumerism and gift-giving one-up-manship. There might be something to that "Good will to everyone," mumbo-jumbo. All I know is that, with my cynicism firmly intact, I'm looking forward to spending time with the people at this duty station who have come to mean something to me. People are getting ready to check out, making exit interviews, and planning for what's ahead. Well, here's a little reminder not to forget what you're leaving behind either. Stress makes it easy to forget one's manners and become a little bit snappish, and if there was ever a time to forgive, forget, and spread a little good will, this is probably it.

"Your fate is what you make," said Sarah Connor (Linda Hamilton) in Terminator 2. Well, we may not have chosen our fate this time around, but we can choose to make the best of it. Our friends, the families we *choose,* and the members of our nuclear and extended families, can help us deal with this stressful time. They can remind what the holidays are really all about, and we won't even have to bake them cookies or sing songs about reindeer because they'll love us no matter what. "Cynicism and all," my mother reminded me the other day, and if she can deal with that, then I can deal with her Celtic Christmas albums, and smile while I'm doing it.

High Class: NHRR Says Goodbye to ASF

BY HMCM COURTNEY O. ABRAMS & HMCS KATHLEEN B. HATHAWAY

(L TO R) HMCM ABRAMS, HM3 EVANS, HM3 HEATH, HMCS HATHAWAY, HA SANSONE, CAPT. BARKER, (BOTTOM) HA BURGESS, AND HM3 RUIZ POSE PROUDLY WITH AN ASF CERTIFICATE.

On Friday, November 21, 2003, Naval Station Roosevelt Roads final Auxiliary Security Force (ASF) class graduated.

Four arduous weeks of training results in a group of sailors and marines who never thought they'd see so much drilling this side of boot camp. "It was a great opportunity," said HM3 Allison Heath, "It was wonderful to see how teamwork can help you through such a challenging program."

ASF combines classroom instruction with practical exercises as students earn numerous certificates and increase their knowledge far beyond the boundaries of their rates. Use of the police baton, 9mm Beretta, Mossburg shotgun, pepper spray, and basic riot control techniques comprise some of the physical aspects of the class, while terrorist awareness and traffic control make up some of the classroom offerings. Rigorous physical conditioning, including crunches, push-ups, and running, are incorporated into the routine, ensuring that the members of ASF have what it takes to keep the base safe.

The ultimate goal of the ASF course is to teach sailors and marines how to provide security to the base. Supplementing the Master -At-Arms rate, 'ASF'ers stand watch at the gates and on the piers, work at the security quarterdeck of the base, participate in special drills to hone their abilities, and even ride in police vehicles as 'secondaries' to qualified MAs.

In times of heightened threat conditions (real or simulated) or when the MA population of a particular base gets low, ASF may be called into action. When full-time duty is the norm, 'ASF'ers have the opportunity to become patrol qualified by taking a series of zone tests and successfully passing a board. After a sufficient amount of time has passed, the patrol qualified 'ASF'er can become a Watch Commander, supervising an entire security rotation. Opportunities can be limitless.

Five corpsmen graduated from the last ASF class, including HM3 Allison Heath, HM3 Kenneth Evans, HM3 Joel Ruiz, HA Christopher Burgess, and HA Alfred Sansone. HM3 Heath was class proctor, delivering a speech at the graduation ceremony. Her duties involved tutoring the other students and ensuring they passed their tests. "It's very rewarding to see people that you've helped succeed," said HM3 Heath.

With the pending closure of U.S. Naval Station, Roosevelt Roads PR, the Auxiliary Security Force (ASF) has scaled back to a contingency force that drills twice per month to maintain skills and qualifications and augments the Security Department as needed. At the last ASF Academy graduation, hospital personnel comprised almost half of the graduating class. Gunnery Sergeant Petrotta proudly stated during graduation remarks that this class achieved the highest grade point average of any class taught at NAVSTARR. This last graduating class was also a "first" in that its members were comprised of both active duty from the Navy and Marine Corps, and Reserve personnel. As base closure activities increase, so also does the importance of providing security. Thanks to our proud and capable ASF, base personnel and family members can rest secure in the knowledge that their well being is actively protected by the men and women of the ASF.

GUNNERY SERGEANT PETROTTA, LEADER OF THE ASF PROGRAM, DEMONSTRATES WRIST HOLD.

A Message to My Patients

As patient and physician, ours is more than a relationship; it's a partnership. A partnership is based on mutual trust and confidence. I want to ensure that you get an accurate diagnosis and the treatment that's best and most satisfactory for you.

To give you the best, most thorough care possible, I need some things from you:

1. ***Communication:*** If you don't understand what I'm telling you, if you don't understand a treatment, prescription instructions, or my diagnosis, tell me. If I explain again and it's still not clear, say so. With a complex topic, sometimes it takes two or three explanations to clarify all the details. I'm willing to explain as many times as needed; I simply need you to remind me.

2. ***Clarification:*** Tell me what you need to know about your condition. If I've told you to take it easy until your condition improves, and you want to know if you can go to work, watch television, or go shopping, ask.

3. ***Satisfaction:*** Be sure you're comfortable with what I've recommended, and if you're not, tell me. We can discuss alternatives, or, if there are no options, I'll try to do a better job of making you feel more at ease and explaining the choices you face.

4. ***Understanding:*** Understand that medicine is a science, but it's also an art. Doctors don't always have the perfect, no – questions- asked diagnosis, treatment, or cure. I'll use my knowledge to evaluate your condition. I can do a better job of treating you if you will keep me informed, ask me questions, and give me honest, complete information about your medical history and current symptoms or problems.

5. ***Information:*** Tell me or one of my staff when something is troubling you, whether it's that my front door is difficult to open, that one of us was short-tempered with you, or that the prescription I gave you doesn't seem to be working. If I know when you're unhappy or not fully satisfied, I can do something about it. If you keep it to yourself, I'll never know – and sometimes the information you keep to yourself may affect the course of your treatment or recovery.

In return for your involvement and communication, I promise I'll communicate with you. I believe the result will be better medicine and a stronger relationship.

Naval Hospital
Roosevelt Roads
Medical Staff

The Pulse Needs You!

AN APPEAL
FROM HM3 PATRICIA HILDEBRANDT

The Caribbean Pulse is a small, hospital supported newsletter, with an editorial crew of two. Chock full of current events, interesting news, pictures, and hospital events, the Pulse lets our employees and our patients know who we are and where we're going. The Pulse represents the hospital, not just within our community but also to many commands that receive our newsletter. It is our goal to become a stellar newsletter and to set the benchmark for publications of our kind.

However, we can't do it without your help. We are actively seeking articles, reviews, photographs, etc., for the Pulse. Articles can be of any length and any subject matter as long as it's appropriate. In next month's issue, we will be covering New Years, Valentine's Day, downsizing, and a myriad of other topics. We would love your input for the January/February Issue.

Please email all submissions to HM3 Hildebrandt. Call ext. 5761 if you have any questions regarding contribution guidelines.

The Hanukkah Celebration

BY LT MICHAEL K. BAKER
CHAPLIN

Hanukkah, or the Festival of Lights celebrates the revolt and victory of Jewish forces led by Judah Maccabee, and his brothers over King Antiochus IV and the Syrian-Greeks; it is a celebration of the reestablishment of Jewish independence.

The revolt came about when Antiochus' turned the Temple in Jerusalem into a pagan shrine and attempted to force the Jews of Palestine to give up their religious practices by outlawing the study of Torah and circumcision and to coerce them to worship pagan idols.

The rededication and the cleansing of the Temple on the twenty-fifth of the month of Kislev in 165 B.C.E. after the Syrian-Greeks were driven out of Jerusalem. The word Hanukkah in Hebrew means *rededication.*

The story of the Maccabees may be found in the Apocrypha, which are books not a part of the *Tanach* or Holy Scripture The rabbis who compiled the scriptures did not think the story of Judah and the restoration of the monarchy under the Hasmoneans important for inclusion into the Biblical canon, as Jewish tradition maintained that the only true kinship of Israel cold be held by a member of the House of David, descendants of the tribe of Judah, which the Hasmonean family was not.

Hanukkah is always celebrated on the twenty-fifth of Kislev on the Jewish calendar, which is based on solar and lunar factors. The date differs each year on the standard Roman calendar because in Jewish leap years an extra month is added and changes significantly the date of the holiday.

Over the course of the last 2000 years the holiday of Hanukkah was considered a minor holiday, until after the events of the Holocaust during the days of World War II. It was after this event that the holiday grew in popularity and importance. Hanukkah celebrates the heroic resolve of the Jewish spirit and its eternal faith in God.

The Symbolism of Hanukkah

BY HM3 PATRICIA R. HILDBRANDT
EDITOR

The **Star of David** has six points. It is the most commonly seen and easily recognized symbol of the Jewish faith. Often, it is worn around the neck much like the Christian cross. The star represents David, the great hero-king of the Torah (the Jewish holy book.) This star is also seen on the flag of Israel.

The **Dreidel** is the best known symbol of Hanukkah. This four-sided, spinning top is only brought out during the holiday season. The Dreidel was originally used to teach key concepts of the Jewish faith to children. The Syrians had forbidden the teaching of the religion, yet they could not read the Hebrew letters painted on the Dreidel. The soldiers who patrolled the town thought this teaching tool was little more than a toy, and in this way the Jewish faith was preserved.

The **Menorah** is a special, nine-pronged candle holder. The candle in the center, known as the *shammash,* or servant candle, stands taller than the others.

Hanukkah lasts for eight days. When the Maccabees (Jews) defeated the Syrians and drove them from Israel, they held a ceremony within the Temple to rededicate it to their God. (The Syrians had defiled the Temple and ordered the Jewish people to worship the Greek pantheon.) Though they desired a great celebration, the Rabbis found only enough oil to keep the temple lit for one day. Runners were sent for more oil, and the Rabbis decided to use what oil they had. Miraculously, the oil lasted for eight days, long enough for more oil to be procured. Thus the Menorah holds eight candles, one for each day, surround the *shammash.*

Every night, the *shammash* is lit and used to light the other candles. The candles are lit from right to left. On the first night, the shammash is used to light one other candle, on the second night two, and so on. After the lighting of the candles and dinner, children are given gifts and often play with the Dreidel.

Avoiding Holiday Blues

By

LT Mary Neal Vieten, Ph.D.

'Tis the season to be jolly, right? For many people the winter holiday season is happy and fun-filled. Others experience an increase in stress and or a depressed mood instead of holiday cheer. This sense of malaise may have a number of origins. First, in places where there is a change in weather, less light, gray skies and colder temperatures can adversely impact mood. Second, winter weather tends to make us more sedentary. We are less motivated to exercise. And third, holiday cooking tends to mean more sugar and fat in our diet, which makes us feel a bit sluggish.

In addition to these lifestyle changes, the holidays also brings on a barrage of expectations, particularly from the media. The media, commercials, film, advertisers- in short, everyone out to make a buck- raise our expectations about what it means to have a merry Christmas. We see the holiday portrayed as romantic, magical and expensive. Everyone looks great and behaves perfectly. Of course, high expectations move merchandise, because for your holiday to measure up, you will have to buy the products and services they recommend. One would think that all you need for a perfect holiday is good credit. Often all our shopping and planning leaves us empty, disappointed and depressed.

So, with all of this in mind how does one avoid the holiday blues? As always, start with a big dose of exercise and good nutrition. But what about how depressed I feel because my expectations aren't being met? The answer, I believe, can be found in Sprague's Law. Sprague's Law is a mathematical proposition that Satisfaction is a function of Reality divided by Expectation (S=R/E). In his articles Sprague noted that in order to increase satisfaction either reality would have to increase while expectation remained constant, or expectation would have to decrease while reality remained constant. Media and merchandisers would like you to focus on improving your reality, but this is their trap. Sprague invites us to considering adjusting (lowering) our expectations as a means to increasing our satisfaction.

Just how does one adjust one's expectations for the holidays? Here are a couple of suggestions. Take your focus off of merchandise and instead focus on family, quality time, and religious observances. Take

your focus off of getting and instead place it on giving. Help a charity or give gifts secretly. Instead of competing to give the best and most expensive gift to someone who has everything, donate to a charity in their name. Don't link holidays with romance and perfect behavior. Never let a Christmas go by without watching the old Jimmy Stewart movie, "It's a Wonderful Life." It's full of important reminders. If you are able to change your expectations, I guarantee you won't be disappointed in the result, you will be far more satisfied with your holiday experience, and you will ward off holiday depression.

Get Fit - Stay Fit!

By

HM3 Eva Reed

Are you going home for the holidays? Are you planning on seeing old family and friends? This is the time of year when you want to look your best, but with all the tempting goodies ahead and the PRT over for a few months, the urge to overindulge can be almost overwhelming, and your waistline will pay the price. However, with a little pre-planning and my easy plan, you *can* negotiate the holidays without renegotiating your wardrobe. This plan has two main steps:

* Getting Motivated
* Staying Motivated

How do you get motivated? Well, you have to start with a goal. Do you want to impress friends and family when you go back home? Do you want to go down a size for the big Christmas party in December? Maybe you want to make a good impression when you check in at your next duty station, or perhaps you don't want to go through the trouble of trying to lose 10 lbs in 2 weeks before the next PRT. It's easy to find goals to generate motivation. Now, for the hard part: staying motivated. Most of us can think of a reason to get out there and run or go to the gym, but finding a reason to stay there can get a little tricky.

Here are a few keys that must be kept in mind when getting into shape. You have to EAT RIGHT *AND* EXERCISE! It sounds simple, but it can be very hard.

Think about it this way: if you workout everyday but eat a greasy burger for lunch, you are not go-

ing to see the results you would if you were eating right. Eating right also means avoiding those crazy fads; no carb, no fat, no sugar diets are not logical. If they have any effect at all (and it's usually minimal), it is too strict to be a practical eating habit for life, which is what you need. Seek assistance from a registered dietician to find an eating plan that is effective yet fulfilling, one you will be able to stick with permanently.

Exercising; you have to do it, no ifs, ands, or buts. If you want to see results, you have to exercise. The solution for real weight loss is simple: you have to burn more calories than you consume. Burning calories means getting your heart rate up, strengthening your muscles, and keeping your body limber with stretching. Stretching will also help prevent injuries when performing more strenuous exercise, and it should be incorporated into every workout routine as a warm up and a cool down. (Remember to always check with your doctor before performing any exercise and stop if you feel dizzy or light headed.)

Running is a great cardiovascular, calorie burning activity. It will keep you fit, trim, and focused. Don't try to go out and run four miles if your body is not used to it. Starting slow is the best way to prevent injury and get results. Follow the outline below form *Runners World* to get an idea of how to start off at your pace and push yourself to go faster and run longer.

"Increase your weekly training mileage by no more than 10 percent per week. For example, run 10 miles one week, 11 the next, 12 the next, and so on.

"When increasing mileage, add to the distance of your current runs rather than adding more days of running. This method will continue to give you the rest and recovery days you need.

"Don't increase mileage and speed at the same time. When increasing mileage, keep running at your current pace. When increasing speed, you should actually decrease weekly mileage.

"Also follow the 10-percent rule when building up the length of your long runs. Don't, for example, jump from 2 miles to 8 miles. Take it more gradually."

Consider running by time rather than mileage. This makes it much easier to follow the 10-percent rule. If you do 120 minutes of training one week, you can do 132 the next. If your long run is 50 minutes one week, you can increase it to 55 minutes the following week.

Swimming, bicycling, and using elliptical trainers at the Gym are also great cardio activities. You can use them alone or incorporate them into your cardio workout as a great cross training exercise.

Weight Training is good because it helps to raise your heart rate and burn calories, but it also offers visible results in a small amount of time. Most people start to see results from weight training in as little as six weeks, depending on your current level of health and how frequently you work out. I like to divide my body into four major sections and isolate the muscles in those sections to work on specific days. Here is an example of my breakdown:

* Back/Shoulders
* Triceps/Biceps
* Chest/Abdominals
* Quads/Hamstrings/Calves

Remember to give your muscles enough time in between workouts to rest and to build. The typical rule of thumb is, the bigger the muscle, the more time it needs to heal.

The best way to determine which weight lifting exercises are right for you is to contact the personal trainer at your local Gym. There is one available at NSRR through MWR. Contact Bundy Gym for more information.

Now you know how to get motivated and how to develop a good workout regimen, but how do you stay motivated if you hit a rut? This is one of the biggest reasons people stop working out. Everyone is different but here are a few tricks that keep me on track. When I am running on the treadmill or using the elliptical trainer, I read workout magazines. This helps me for two reasons: One, I am gaining more information about fit living to keep me intrigued, and Two, the pictures of all the fit people in there keep me from quitting. Having a few fitness buddies helps too: as you start going to the gym and get out there running, you will meet people just like you. You will become one of the "regulars" and feel like you are really accomplishing something. Just remember it is up to you to get out there and do it. You have to think about what you really want, how badly you want it, and then give if all you've got. The sense of accomplishment you will feel once you have achieved visible results will be more than enough to keep you motivated. Now get out there and get going!

The History of Christmas

By HM3 Patricia R. Hildebrandt
Editor

Christmas, as we know it today, is a fairly recent holiday. In fact, Congress was in session on December 25th, 1789, the first Christmas after the American Revolution. At this time, Christmas was considered a very English holiday, and British customs had fallen out of favor due to America's recent battle for independence.

The origins of Christmas can be traced to ancient Pagan festivals that celebrated the winter solstice. This was the day that marked the official return of the light. Up until the solstice, the days grew shorter and the nights longer. After the solstice, the days grew longer again and Spring was just around the corner.

The end of December was the perfect time for celebration in ancient Europe. Most cattle, fattened on Autumn's harvest, were slaughtered so they would not have to be fed throughout the winter. This might be the only time that some people would have ready access to fresh, rather than salted and preserved meat. Great days of feasting accompanied the celebration as the beer and other spirits that had been fermenting throughout the year were ready to drink.

In Rome, where the climate was warmer, the people celebrated Saturnalia, a festival that honored the god of agriculture. Saturnalia was a wild party, closely resembling today's Mardi Gras. For an entire month, strict Roman society was turned upside down as servant ruled master and the emperor was superceded by a student or a beggar. This student or beggar became the Lord of Misrule, and he or she presided over the month of chaos.

In early Christianity, Christ's birthday was not celebrated. Instead, Easter was considered the main Christian holiday. It was not until the 4th century CE that the Church elders decided to institute the celebration of Christ's birthday. Though the Bible did not mention Christ's birthday, Pope Julius I chose December 25th. It is believed that he chose this date to deliberately coincide with the older Pagan celebrations. This way the people would still have their mid-winter celebration, yet it would slowly become free of it's earlier heretical associations.

The Feast of the Nativity, as it was then called, had spread to Egypt by 432 and to England by the end of the sixth century. By the end of the eighth century, the holiday had spread all the way to Scandinavia.

By the Middle Ages, Christianity had replaced most Pagan beliefs, but some of the old ideas of celebration still persisted. On Christmas morning everyone went to Church. The afternoon and evening following the service were wild, raucous, carnival-like affairs, much in the spirit of Saturnalia. The Church elders gave up trying to convert the holiday into an austere event, and allowed the people to celebrate as they would, so long as they attended church beforehand. The Lord of Misrule was reinstituted, and high society adopted this holiday as the appropriate time of year to pay real or imagined debts to society. The poor would knock on the doors of the rich, demanding their best food and drink, and the rich would comply as their 'debt.' Those who refused to 'pay' were often subjected to acts of mischief

In 1645, Oliver Cromwell and his puritan forces overtook England. Part of their campaign to rid England of decadence was to cancel Christmas. Charles II restored the holiday when he Cromwell was overthrown.

The Pilgrims, even more orthodox in their Puritan beliefs than Cromwell, were the first Europeans to settle in America. They believed that Christmas was a wicked holiday, and thus America saw no Christmas celebrations until the early 19th century.

The 1800's were a desperate decade for America. Gang rioting, class conflict, and high unemployment contributed to the turmoil of the nation. In 1819, Washington Irving (of *Sleepy Hollow* fame) penned a book called *The Sketchbook of George Crayon, gent.* In this book he portrayed the Christmas season at an English manor, where the lord of the house invited the peasants to feast with him and his family and everyone enjoyed the holiday together. Irving felt that Christmas should be a time of togetherness and nostalgia, a time to celebrate the family and to care for our fellow man. Many of the 'customs' he described in his book were distilled from ancient Pagan practices, others from the church, and still more from his own fertile imagination. Many of the traditions he described became ingrained in the popular imagination and Americans assumed a clean and unbroken line from their customs to the customs of yore.

Charles Dickens' novel, *A Christmas Carol,* also encouraged the celebration of Christmas by showing it as a time of 'peace on earth and goodwill towards men.' Victorian society in both England and America seized upon this novel. The Christmas Dickens described emphasized the family, and in this era the unique needs of children were finally becoming understood. Children regained their childhood, as opposed to the earlier belief that children were simply small adults. This new Christmas allowed parents to lavish gifts upon their children without seeming to 'spoil' them.

Traditions like exchanging cards, giving gifts, decorating trees, the Yule log, etc, etc, came from disparate traditions, yet the desire to have a new holiday to emphasize family and home was needed. Thus, Christmas as we know it today was born.

Christmas Around the World

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Australia—In Australia, the holiday comes in the middle of summer--it's not unusual for some parts of Australia to hit 100 degrees Fahrenheit on Christmas day. In Sydney, thousands of families prepare their Christmas dinner and take it to Bondi Beach for a picnic. Australians decorate with Christmas Bushes, plants with little red-flowered leaves that are native to Australia.

Canada—Most Canadian Christmas traditions are very similar to those practiced in the United States. In the far north of the country, the Eskimos celebrate a winter festival called sinck tuck, which features parties with dancing and the exchanging of gifts.

Central America—A manger scene is the primary decoration in most southern European, Central American, and South American nations. St. Francis of Assisi created the first living nativity in 1224 to help explain the birth of Jesus to his followers.

England—An Englishman named John Calcott Horsley helped to popularize the tradition of sending Christmas greeting cards when he began producing small cards featuring festive scenes and a pre-written holiday greeting in the late 1830s. Newly efficient post offices in England and the United States made the cards nearly overnight sensations. At about the same time, similar cards were being made by R.H. Pease, the first American card maker, in Albany, New York, and Louis Prang, a German who immigrated to America in 1850.

Celtic and Teutonic peoples had long considered mistletoe to have magic powers. It was said to have the ability to heal wounds and increase fertility. Celts hung mistletoe in their homes in order to bring themselves good luck and ward off evil spirits. During holidays in the Victorian era, the English would hang sprigs of mistletoe from ceilings and in doorways. If someone was found standing under the mistletoe, they would be kissed by someone else in the room, behavior not usually demonstrated in Victorian society.

Plum pudding is an English dish dating back to the Middle Ages. Suet, flour, sugar, raisins, nuts, and spices are tied loosely in cloth and boiled until the ingredients are "plum," meaning they have enlarged enough to fill the cloth. It is then unwrapped, sliced like cake, and topped with cream.

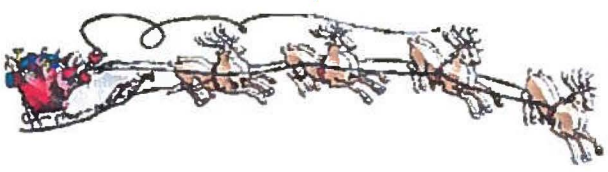
Caroling also began in England. Wandering musicians would travel from town to town visiting castles and homes of the rich. In return for their performance, the musicians hoped to receive a hot meal or money.

In the United States and England, children hang stockings on their bedpost or near a fireplace on Christmas Eve, hoping that it will be filled with treats while they sleep. In Scandinavia, similar-minded children leave their shoes on the hearth. This tradition can be traced to legends about Saint Nicholas. One legend tells of three poor sisters who could not marry because they had no money for a dowry. To save them from being sold by their father, St. Nick left each of the three sisters gifts of gold coins. One went down the chimney and landed in a pair of shoes that had been left on the hearth. Another went into a window and into a pair of stockings left hanging by the fire to dry.

Finland—Many Finns visit the sauna on Christmas Eve. Families gather and listen to the national "Peace of Christmas" radio broadcast. It is customary to visit the gravesites of departed family members.

Greece—In Greece, many people believe in kallikantzeri, goblins that appear to cause mischief during the 12 days of Christmas. Gifts are usually exchanged on January 1, St. Basil's Day.

Norway—Norway is the birthplace of the Yule log. The ancient Norse used the Yule log in their celebration of the return of the sun at winter solstice. "Yule" came from the Norse word hweol, meaning wheel. The Norse believed that the sun was a great wheel of fire that rolled towards and then away from the earth. Ever wonder why the family fireplace is such a central part of the typical Christmas scene? This tradition dates back to the Norse Yule log. It is probably also responsible for the popularity of log-shaped cheese, cakes, and desserts dur-



Christmas in Puerto Rico

By
LT Myrna Calderon, NC, USN

Historically, Christmas in Puerto Rico has its roots in Catholicism and the traditions that go along with that faith. The season used to start in December, but due to the North American tradition of celebrating Thanksgiving the last week of November, that date has become the beginning of the Puerto Rican Christmas celebration.

Christmas is a major festival in Puerto Rico. The period is *quite* long—it extends from the day after Thanksgiving to mid-January, culminating on *las octavitas* (twelfth night). Traditional Puerto Rican food is served throughout the festivities, especially for the Christmas Eve celebration. During the holiday season, the air is filled with typical songs such as the *Aguinaldos*, a poetic song form rooted in Spanish couplets. *Aguinaldos* are both nostalgic and joyous, festive and melancholy, angry and euphoric, joining the material with the spiritual in a rhythm so complex that it takes a dedicated musician to sing it properly.

Traditional festivities start with the *Misas de Aguinaldo* (nine consecutive nights before Christmas Eve). These are masses celebrated with music and carols at down, usually between 5:00 and 6:00 am. A favorite instrument is the *cuatro* (a type of Puerto Rican guitar), *el güiro* (a hollow wood shell made from the skin of a fruit called *higüera*), and maracas (made from the same fruit, but smaller and round).

Christmas festivities in Puerto Rico are well known for their original and creative *"parrandas"* or *"trullas navideñas"*. A *parranda* is when a small group of friends gathers together to *"asaltar,"* or surprise, another friend. A *parranda* tends to be more secular than religious; however many of the traditional *aguinaldos* retain the holiday spirit. *Parrandas* usually begin after 10:00pm in order to surprise the sleeping friend with their music and singing. After the surprise, the *parranderos* are invited in for refreshments, music, and dance. The party goes on for an hour or two, then everyone, including the owners of the house, leaves to *parrandear* someone else. The *parranda* usually ends at around 3:00 or 4:00 in the morning when the owner of the last house offers the traditional chicken soup, or *asopao de pollo*. On Christmas Eve, the family gathers for a traditional Puerto Rican meal: *arroz con gandules* (rice with pigeon peas); *pasteles*, prepared with a dough of grated green bananas and plantains stuffed with meat; and *lechón a la varita* (pig roasted over a charcoal pit). *Coquito*, a kind of strong egg-nog made of rum and coconut milk, will top it off! For dessert, the family will share *tembleque* (a coconut-based custard) or *arroz con dulce*, rice cooked with spices, sugar, and coconut milk. Nougat, imported from Spain, is also popular, as well as the *nueces y avellanas* (hazelnuts and walnuts). Following dinner, many Puerto Ricans will attend *Misa de Gallo*, or midnight mass.

Parties and the Christmas spirit continue until January 1st when families say good-by to the ending year and welcome the New Year. In the U.S. this is the end of the festivities, but not in Puerto Rico! For the next 5 days Puerto Ricans and children in particular prepare for another Puerto Rican festival; *El Dia de Reyes* or The Three Kings' Day on the 6th of January. This is also known as the Feast of the Epiphany, celebrating the Magi's visit to the Lord Christ. *El Día de los Reyes* is taken very seriously in Puerto Rico. Kids celebrate *el Día de Reyes* the same way their grandparents celebrated when they were children

Puerto Rico's *Reyes* celebration begins on the eve of Three Kings Day. On the evening of January 5th, Puerto Rican children go outside with scissors to fill shoe boxes with grass for the camels to eat. The boxes are placed under the beds of parents, grandparents, godparents, uncles, aunts, etc. Sometime during the night, *Los Reyes* come and their camels eat the grass while *Los Reyes* fill the shoe boxes with gifts and candies.

In the morning, the children look anxiously under the beds to see what kind of gifts were left by *Los Reyes*. Then the whole family gets together for a day of celebration. Later in the day, a dinner is prepared for relatives and friends.

On the days immediately following Three Kings Day, the *Octavas* and *Octavitas* are celebrated. These originally were to honor the Magi. According to tradition, if you receive a visit from a relative or friend on Three Kings' Day, you are supposed to return the visit eight days later. This tradition is becoming less common as time goes on. In fact, some families choose this time to take down Christmas decorations and officially end the holiday season.

Combat Posttraumatic Stress Disorder Treatment Retreat

By Dr. Mary Vieten &
HM1 Donald Burke

Early in October a diverse group of professionals and paraprofessionals joined together to provide an intense 7-day treatment program for 21 service members who returned from Iraq with symptoms of combat stress, Acute Stress Disorder or Posttraumatic Stress Disorder (PTSD). The program provided intense treatment, psychoeducation, lifestyle and spiritual interventions daily from reveille to taps. Lodging was at the CBQ and meals were provided at Finnegan's. Leadership and treatment were provided by Dr. Vieten, HM1 Burke, HM1 Quijano, Chaplain Thames, Chaplain Baker, HM2 Surita, SM1 Sanders, HM2 Robinson, and HM2 Shaffer. Translation was provided by HMC Diaz and Mrs. McKellar. SPC Griggs provided liaison with Ft. Buchanan.

PTSD is an anxiety disorder that may develop after exposure to a horrific event or series of events. Symptoms include re-experiencing the event through intrusive thoughts, nightmares, or flashbacks. Sufferers also experience avoidance behaviors, depression, emotional numbing, or the inability to recall details of their trauma. Finally, people with PTSD have persistent symptoms of increased arousal such as disrupted sleep, irritability, poor concentration and an exaggerated startle response. They may appear mildly paranoid. PTSD causes significant distress and impairment for the patient and symptoms may become intolerable without professional intervention.

The military has long understood that war causes psychiatric casualties. In World War I stress casualties exceeded physical casualties 2:1. In World War II 33% of all medevacs were psychiatric (Armfield, 1994). Since the end of the Vietnam War 120,000 vets have committed suicide or been killed in drunk driving accidents and 15 years after the war more than 500,000 had been diagnosed with PTSD.

Clearly combat is a situation fraught with stress and horror. If stressors continue too long any soldier's personal resources can become overwhelmed causing that member to become psychiatric casualty. But not all of combat's stressors come from the enemy. Psychiatric casualties have also been correlated with poor leadership, mission demands, and unrealistic training. Low rates of psychiatric casualties have been attributed to high unit moral, proper leadership, a strong sense of mission, high quality equipment, a high state of readiness, close medical assets and the use of Critical Incident Stress Debriefings. Close medical assets are important so that it is possible to implement the PIES intervention model (e.g., close Proximity, Immediacy, Expectancy of recovery, Simplicity or "3-hots-and-a-cot" treatment).

PTSD researchers know that it is an intransigent illness, costly in treatment, loss of experienced personnel and quality of life. Military interventions focus on primary prevention- before the member becomes overwhelmed, and secondary intervention- immediately after a potentially overwhelming event. When prevention fails, or preventive measures don't reach the member, he or she may develop symptoms of PTSD. Professional help for these members is indicated if the member is experiencing social or occupational impairment or a significant decrease in functioning. Evaluation is available through the outpatient mental health department at your military treatment facility.

Special Holiday Recipe Section

One of the hardest things about the holidays can be sticking to dietary 'do's and 'don'ts'. In this spirit, we offer a few special recipes to make sure everyone's holiday is happy, healthy, and bright.

Vegetarian Gravy

Here's a good all-purpose vegetarian gravy recipe. Serve it over mashed potato or Thanksgiving stuffing, or whatever else your imagination conjures up.

* 1 T butter
* 1/4 C minced onion
* 3 cloves minced garlic
* 4 T flour or whole wheat flour
* 4 C water or vegetable stock
* 5 T low sodium or light soy sauce
* 2 tsp. minced parsley
* pepper to taste

Makes About 4 1/2 Cups

Melt butter in a heavy skillet and sauté onion and garlic for about 2 minutes. Transfer to a bowl and wipe skillet clean. Add flour to skillet and cook, stirring constantly until flour get brown and toasted. Add water or stock and soy sauce and cook, whisking constantly until mixture comes to a boil and thickens, about 5 minutes. Stir in onion/garlic mixture and parsley. Cook for one minute more. If gravy becomes to thick, thin with additional water or stock.

Elegant Pumpkin Cheesecake

This rich dessert is so special it would make an elegant finale for Thanksgiving dinner. It also helps take the stress out of last minute preparations, as it's necessary to prepare in advance to allow plenty of time for the cake to cool and set.

Crust

2 cups crushed graham crackers
Or 2 cups crushed vanilla cookies
Or crushed ginger snap cookies
1 1/2 tsp. cinnamon
1/3 cup melted butter

Filling

1 1/2 cup sugar
1/4 cup brown sugar
4 - 8 oz. packages cream cheese
3 T flour
2 tsp. cinnamon
1 1/4 tsp. ground (dried) ginger
1/4 tsp. ground cloves
4 eggs
1 T vanilla extract
1 15 oz. can pumpkin or equivalent fresh cooked pumpkin

Preheat oven to 325°.

Mix 1 1/2 tsp. cinnamon and crushed graham crackers or cookies together. Add melted butter and mix until well blended.

Using fingers, press crust mixture into bottom and 2/3 of the way up the sides of a 9 inch springform pan. Bake crust for about 6 minutes until set.

Mix the cream cheese and sugars together until smooth.

Stir together the flour and spices and mix this into the cream cheese mixture.

Beat the eggs into the cream cheese mixture one at a time.

Beat in the pumpkin and vanilla.

Pour filling into the pre-baked crust and bake for about 1 1/2 hours or until a cake tester comes out clean.

Cool completely, then cover and refrigerate for at least two hours (or overnight) before serving. Cake can even be made two days in advance.

Baked Pumpkins with Wild Rice Stuffing

Here's a spectacular looking recipe that makes a wonderful main course for a Vegetarian Thanksgiving (or a Thanksgiving side dish). You can use a larger (as in 5 or 6 lb.) pumpkin to feed a family, or stuff small individual pumpkins for each person.

* small 2- to 6-pound pumpkins (the number of pumpkins will depend on their size)
* 2 T olive oil
* 1 large onion, finely diced
* 1 red bell pepper, seeded and finely diced
* 1 green bell pepper, seeded and finely diced
* 1 med. zucchini, finely diced
* 6 cloves garlic, minced
* 6 1/2 cups water
* 2 C long-grain brown rice
* 3/4 C wild rice
* 2 T dried parsley
* 1-2 tsp. salt
* 1 tsp. pepper
* 3/4 tsp. turmeric
* 1/2 C green peas, fresh or frozen
* 1/2 C corn, fresh or frozen
* 1/2 C steamed diced carrots
* 1/2 C grated Parmesan cheese or soy cheese,

Serves 8-10

Preheat the oven to 375° F.

With a sharp knife, cut a 4- to 6-inch-wide lid off the top of each pumpkin. Use a large spoon to scoop out the seeds and stringy fibers, (use seeds for roasted pumpkin seeds, if desired, or discard).

Set a square of foil, over the opening cut on top of the pumpkin and set the lid on top of the foil (the foil is to keep the lid from falling back into the pumpkins). Place prepared pumpkins in a baking pan filled with about 1/2 inch of water and bake until the insides are tender, about 45 minutes to 1 hour, depending on the size of your pumpkins. Remove from the oven and keep warm.

While the pumpkins are baking prepare the rice. In a large saucepan, heat the oil over medium-high heat. Add the onion, bell pepper, zucchini, and garlic, and sauté, until the vegetables are tender, about 8 minutes. Stir in the water, brown wild rice, parsley, salt, pepper, and turmeric, and bring to a simmer. Cover and cook over low heat until all of the liquid is absorbed, about 45 minutes. Fluff with a fork, and stir in the peas, carrots and corn. If desired, fold in the Parmesan or soy cheese. Set aside until the pumpkins are done.

When the pumpkins are finished baking, discard the foil; spoon the rice mixture into the pumpkins and cover with the lids and serve. Be sure to serve some of the inside of the pumpkin along with the rice stuffing.

Diabetic Friendly Spicy Pumpkin Raisin Bread

* 1-1/2 cups fresh pumpkin, cooked & puréed, or canned, solid-pack pumpkin
* 1/2 C honey, maple syrup, or sugar
* 1/2 C melted butter or corn oil
* 2 eggs, beaten slightly
* 1/2 C milk (2%)
* 1/2 C raisins or currants
* 1/2 C black walnuts or butternuts, chopped
* 1 C all-purpose flour
* 1/2 C fine yellow cornmeal
* 1/2 C rolled oats
* 1 tsp. baking powder
* 1/2 tsp cinnamon
* 1/2 tsp. allspice
* 1/4 tsp. Nutmeg
* 1/4 tsp. ginger
* 1/4 tsp. cloves
* 1/2 tsp. salt

Preheat oven to 350°F degrees.

Place the pumpkin purée in a medium-sized bowl and add the honey, melted butter and beaten eggs, stirring well with each addition. Stir in the milk, then add the raisins or currants, and chopped nuts. Measure dry ingredients into a large bowl and make a big well in the center. Carefully pour in the blended wet ingredients, stirring carefully and blending well without over-working the batter.

Pour the batter into a well-greased 6 x 9-inch loaf pan or a greased 2-pound coffee can. Bake for 1 hour or until a cake tester inserted in the center of the loaf comes out clean.

Remove to cooling rack for 10 minutes, then slide a clean table knife blade around the edges of the loaf to loosen it. Turn the steaming loaf onto a board or wire rack to cool completely. Serve hot or wrap up & serve days later for great flavor & fragrance.

What is Ramadan?

COURTESY OF
www.holidays.net/ramadan/

Ramadan is the ninth month of the Muslim calendar. The Month of Ramadan is also when it is believed the Holy Quran "was sent down from heaven, a guidance unto men, a declaration of direction, and a means of Salvation"

It is during this month that Muslims fast. It is called the Fast of Ramadan and lasts the entire month. Ramadan is a time when Muslims concentrate on their faith and spend less time on the concerns of their everyday lives. It is a time of worship and contemplation

During the Fast of Ramadan strict restraints are placed on the daily lives of Muslims. They are not allowed to eat or drink during the daylight hours. Smoking and sexual relations are also forbidden during fasting. At the end of the day the fast is broken with prayer and a meal called the *iftar*. In the evening following the *iftar* it is customary for Muslims to go out visiting family and friends. The fast is resumed the next morning

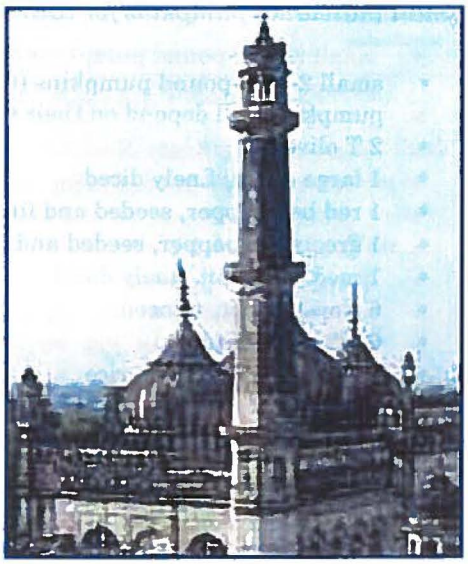
According to the Holy Quran:

> *One may eat and drink at any time during the night "until you can plainly distinguish a white thread from a black thread by the daylight: then keep the fast until night"*

The good that is acquired through the fast can be destroyed by five things -

* telling a lie
* slander (ruining someone's name)
* denouncing someone behind his back
* a false oath
* greed or covetousness

These are considered offensive at all times, but are most offensive during the Fast of Ramadan



During Ramadan, it is common for Muslims to go to the *Masjid* (Mosque) and spend several hours praying and studying the Quran. In addition to the five daily prayers, during Ramadan Muslims recite a special prayer called the *Taraweeh* prayer (Night Prayer). The length of this prayer is usually 2-3 times as long as the daily prayers. Some Muslims spend the entire night in prayer

On the evening of the 27th day of the month, Muslims celebrate the *Laylat-al-Qadr* (the Night of Power). It is believed that on this night Muhammad first received the revelation of the Holy Quran. And according to the Quran, this is when God determines the course of the world for the following year

When the fast ends (the first day of the month of Shawwal) it is celebrated for three days in a holiday called Id-al-Fitr (the Feast of Fast Breaking). Gifts are exchanged. Friends and family gather to pray in congregation and for large meals. In some cities fairs are held to celebrate the end of the Fast of Ramadan.

Roosevelt Roads - Track and Field

On Saturday, October 4th, 2003, Naval Hospital Roosevelt Roads participated in the MWR Track and Field event. The Hospital took first place and surged ahead in Captain's Cup points. Way to go, hospital staff!

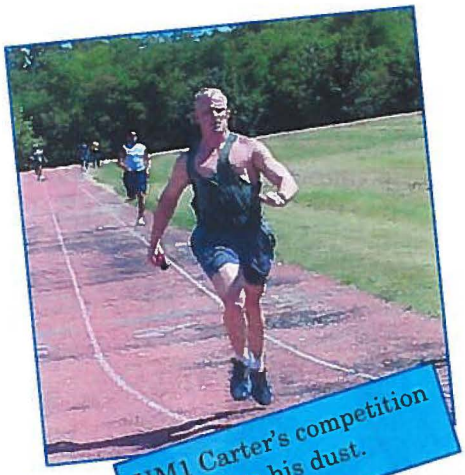
HM2 Nuzum and HM2 Oehrlein. Just look at all those medals!

HM3 Garcia forges ahead.

LTjg Vogel catches some air.

CAPT Netzer brought leash-trained Lily along for the fun.

HMCM Abrams hangs out with his new friend, Nikki.



HM1 Carter's competition eats his dust.

HMC White shows off his guns.

How Not to Overindulge During the Holidays

By Samuel Rivera, PhD,
Health Promotion Educator

The holidays are here! It's the time of the year in which our nutritional eating habits are placed on hold (better yet, put away for the season) and we start to indulge on all that delicious, high-fat foods which make this time of year.

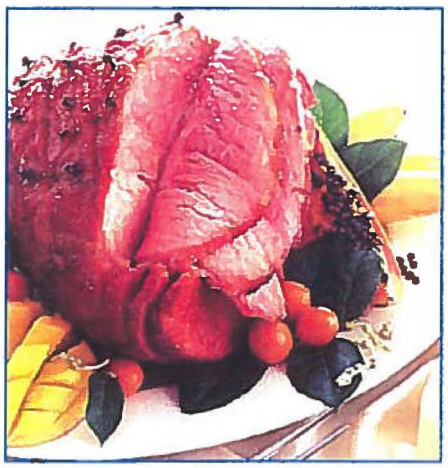
"The American Dietetic Association's Complete Food and Nutrition Guide" suggests some holiday substitutions that can help keep diets healthier during this time of year. Its leaner menu suggests substituting skinless roast turkey, wild rice pilaf, broccoli with lemon juice and whole-grain roll for the higher-calorie and fat menu of skinless roast duck breast, stuffing, broccoli with hollandaise sauce and crescent roll.

Remember, there are no such things as good, ugly or bad foods. Try eating your favorite foods that you like to eat during the holiday season, but use common sense when you do. Keep in mind also the amount of fat, salt and added sugars you consumed. This is important in the sense that most people put their exercise practices a side during the holiday also. Thus, putting them at risk for weight gain, non-nutritional eating habits and elevated levels of cholesterol.

The weight gained during the winter holiday season tends to stay on, especially if healthful eating habits and regular physical activity are not reestablished into the post-holiday routine.

Trying to lose weight during the holiday season isn't a good idea. You tend to set yourself for failure. Instead, go for weight maintenance.

Here are healthy tips to keep during the holidays:



* If your holiday plans include attending a party, snack before you go to take the edge off your appetite before you get there.
* When at a party socializing with friends, move away from the buffet table to eliminate the tendency to dip into the food while standing and talking.
* Use smaller plates; take smaller portions.
* Don't forget to count calories from alcohol. If drinking alcoholic-containing beverages, do so in moderation and choose those made with diet or club soda instead of juice or full-calorie soda.
* If making multiple trips to the buffet table, take vegetables, fruits, low-fat rice, pasta, and lean meats during the first trip, then go for smaller portions of other foods during the second.
* Keep exercise as part of the daily routine. Not only is exercise a vital part of a plan for healthy living, but it's a great stress reliever too. And there's no denying that the holidays are stressful.
* Most important, listen to your stomach and eat until you are no longer hungry, not until you are full.

Keeping with family traditions and customs are important in our lives during the holiday season. Don't feel guilty about enjoying some of your favorite holiday foods, remember it only comes once a year. Enjoy your meals, keep yourself fit and active. Moderation and prevention is the key to all. Happy Eating's and Season Greetings to All!

Kwanzaa

BY
CDR DEANNA FALLS, NC USN

A Celebration of

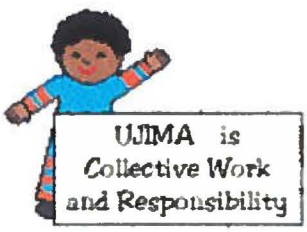
Family, Community, and Culture

Kwanzaa is a unique African American celebration focused on the traditional African values of family, community responsibility, commerce, and self-improvement. Kwanzaa is neither political nor religious, and despite some misconceptions, is not a substitute for Christmas. It is simply a time of reaffirming the African-American people, their ancestors, and their culture. Kwanzaa, which means "first fruits of the harvest" in the African language Kiswahili, has gained tremendous acceptance. Since its founding in 1966 by Dr. Maulana Karenga, Kwanzaa has come to be observed by more that 18 million people worldwide, as reported by the New York Times. When establishing Kwanzaa in 1966, Dr. Karenga included an additional "a" to the end of the spelling to reflect the difference between the African American celebration (Kwanzaa) and the Motherland and spelling (Kwanza).

Kwanzaa is based on the Nguzo Saba (seven guiding principles), one for each day of the observance, and is celebrated December 26th to January 1st.

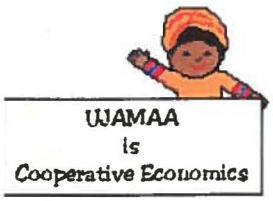
Umoja (OO-MO-JAH): Unity

Kujichagulia (KOO-GEE-CHA-GOO-LEE-YAH): Self-determination



Uijima (OO-GEE-MAH): Collective work and responsibility

Ujamaa (OO-JAH-MAH): Cooperative economics



Nia (NEE-YAH): Purpose

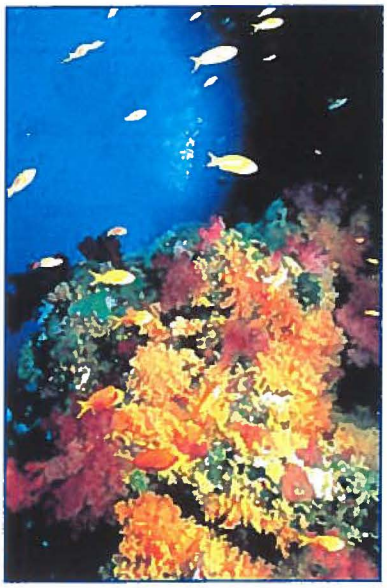
Kuumba (KOO-OOM-BAH): Creativity

Imani (EE-MAH-NEE): Faith

The colors of Kwanzaa are black, red and green; black for the people, red for their struggle, and green for the future and hope that comes from their struggle. Therefore there is one black candle, three red and three green candles. These are the *mishumaa saba* (the seven candles) and they represent the seven principles. Each evening the family gathers to light the candles. The candle corresponding to the principle of the day is lit. While the candle is lit the principle of the day is discussed. Everyone explains what the *Nguzo Saba* principle of that day means to them and how they have practiced it during the day. After the discussion, a commitment is made by each and all to practice and promote the particular principle throughout the year. Also various activities are organized to practice and promote the particular principle of the day. These include working together on projects, studying, and learning more on African culture, sharing narratives and other literature, poems, dance and drama; and making Kwanzaa items as symbols and/or gifts. All of these are to celebrate the holiday and reaffirm and reinforce family, community and culture.

The View Down Here: Becoming a Navy Diver

By
HM3 Eva Reed



I feel cold water running over my hands. I am submerged within a reservoir of endless serenity. The salty taste of the sea never leaves my lips, and my body is floating in a weightless environment. Enclosed in a suit beneath the depths of pristine ocean, I am a diver. This is where I see myself. Living life beneath the water is my dream.

"Why would anybody want to be a Navy Diver?" asked Master Chief Sunday in the movie *Men of Honor* (Fox Pictures, 2000). The working conditions are strenuous. The stress on ones self and family can be limitless. Why *would* anybody want to be a Navy diver?

To me, it is the best job in the Navy and the world. No other job can offer me ocean submersion for eight hours a day, no other job can allow me to feel as though I am walking on the moon without being in space, and no other job can challenge me the way being a Navy diver will.

My decision is not a common one. There are only about 1000 divers in the Navy, and approximately 30 of those are women, with only two of those Hospital Corpsman (Scholley, 2001). I am often asked why I would challenge myself this way, why is it so important to me. I can answer that with three words: Honor, Courage, and Commitment. These are core values instilled when I was in boot camp, and today they are providing me a way to attain a goal that wouldn't be possible without their definitive meaning.

Daily, I am faced with individuals who seem unable to search deep within themselves and see who they really are. As humans, we have numerous barriers that prevent us from clearly judging our aptitude, worthiness, and passion. I see these barriers as a reason to work harder so that I can push myself past them. The returns from this behavior are overwhelming, and it shows, to everyone.

Enculturation can influence the way a person lives in a positive or negative manner. The process of development is the process of life. Everything matters: location, religion, relationships, education, and culture, work together to shape us into the beings we will, and have, become. These influences are learning experiences for developmental stages in life. The sources of enculturation in my life are some of the main factors in my decision to become a Navy diver.

I grew up in the San Francisco area of California. This area is abundant with free thought, feminism, and intrinsic motivation. I know these factors contributed greatly towards my dedication to work hard, and to "keep up with the boys," in my field of choice. I was never taught to stand down. I have always stood up and gone for what I wanted. I was taught to be motivated to pursue my wildest dreams, no matter how far from reality they seemed. As a female, I was shown that I must work hard, sometimes even harder, than any man, in order to be where I want to be. This statute of enculturation is the deep-rooted origination of my motivation in life.

In the military, nothing is easy. We start at boot camp, where soldiers and sailors are taught to leave their fears and inhibitions behind. We are forced to be motivated and fight for what we do - after all, we are here to defend our country, our people, and our way of life. The military shows us a way to focus the mind, and concentrate only on the task at hand. Through this, I have learned to go one inch farther and work ten times harder.

I view myself as an independent, hard working, dedicated female. I know my abilities and I work hard to attain a greater level within them. I feel my attributes, values, and affiliations determine my worth, and this is why I try to associate only with positive experiences. When the situation gets tough, I get tougher. I always test my limits, and work on increasing them. PT has always been an exceptionally tough area for me. It was not anything I was used to pushing my body to do. Navy Dive school is PT, all day. Running , swimming, push-ups, flutter kicks; you name it, they do it. Since I know this is an area where I may lack full ability, at least in comparison with the boys, I work on it everyday. I drop and do twenty push-ups every hour, sometimes even more. I make myself get up and run. I make myself ride my bike to work and back. It hurts, I hurt, but I am challenging my limits and my self worth. I know I can do it; it is just up to me to do so. This can-do attitude and personality are the building blocks of self achievement. Without them, I don't stand a chance.

I think ego defenses are the most gratifying method of goal attainment. This is where one uses psychological coping techniques to overcome emo-

tional deceits. Such things as fear, anxiety, sadness, and guilt, can over-run a persons long-term goals. Techniques to focus yourself are the answer. I am not super human, but at times I feel the need to be. If a male and a female are put head to head in a physical competition, who do you think will win? Generally, the male, which is why I have to work so much harder to prove myself. I work myself so hard at times, I feel bombarded with pain, fatigue, and hunger. I learned a lesson form a Navy SEAL who showed me how to dwindle away such devious behavior. There is a method used in BUD/s (SEAL training) to cope with the extreme conditions experienced there. He taught me to displace myself, which means to go somewhere else in my own mind. I learned to block everything I see, feel, and hear. For example, when I am doing push-ups and my arms feel like they are about to give out, I focus. I clear my mind and think to my self " Navy", while I go down, and "Diver" when I come back up. This repetition becomes harmonious, and I forget that I hurt. I leave no place for such words as, " I cannot do this", and "This hurts", because my mind is only focused on "Navy Diver".

It is only human to rationalize about any given situation. We use our logic to understand, and label, a task. I do not do this; I will fail if I do. I see rationalization as a negative ego defense. I see rationalization as a method of convincing oneself something is one way without considering other possibilities. Rationalization is wasted energy, which could be used in other ways. In my life, logic does not rule; self-perseverance does, and these two often work against each other.

I have learned that the emotions are the single most influential thing in life. Emotions rule over everything, so what better way to get ahead than by using emotional power? I know that during Dive school training, the instructors will try their hardest to make me quit. They will tell me I can't do it, and I am not good enough. They will push me to the point where I am questioning myself. Some people will quit; they will let their emotions get the better of them. I do not. I take those emotions and put them into use like kinetic energy; similar to a ball about to roll down a hill. This extreme force can push or pull a person in many directions. I choose to let it force me ahead.

Homeostasis is the harmonious maintenance of a living system. Cognitive consistency is very similar, but it deals with harmony amongst your thoughts. Inconsistency in life causes unbalance. Unbalance will make you fall off track; I don't want to fall off track. Therefore, I must take time each day to fully grasp what it is I want, and what I am doing to get there. This brings me back to my beginning where I feel in touch with my inner self, because without that I am lost, and if I am lost, I am going nowhere.

This all sums up one thing: Dedication. In order to reach my goal, I must be motivated, dedicated, and completely in control of my life, feelings, and situations. This is not easy, but nothing really important is ever easy. In a quote from a SEAL candidate from BUD/s class 27 (Chalker, 1998, p.7.), " The harder they made it for us, the harder I worked. I was in the SEAL class because UDT was what I wanted and they weren't going to make me stop unless I died or just came apart along the way." Well, I want to be a Navy Diver and I won't stop either, no matter what comes in the way.

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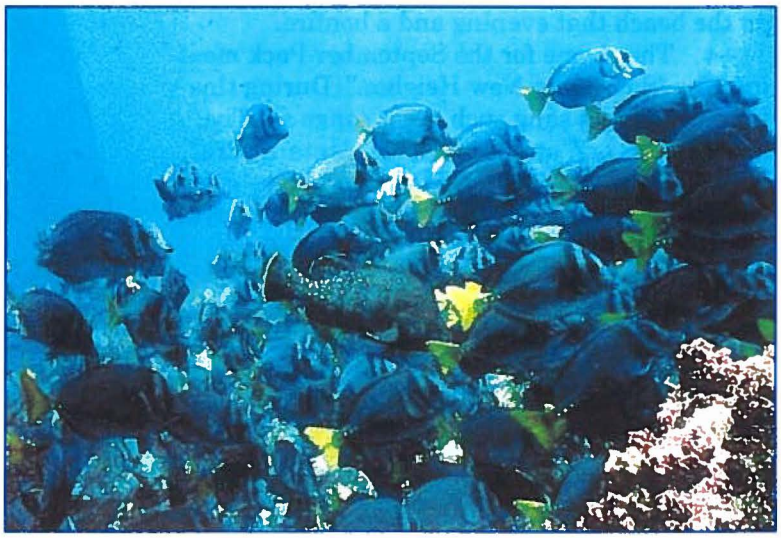

Scouts Soar to New Heights

BY

LT. MICHAEL R. BAKER, SCOUT CHAPLAIN

Troop 48 has done many exciting tasks over the past few months, such as raising money for the Troop, having a fun day and camp out at Community Beach and having two Pack meetings. Not only the Scouts, but also the parents had many hours of fun and fellowship.

The Scouts were hard at work selling popcorn the month of September. Through the Popcorn orders were taken by the Scouts, they raised near a thousand dollars for the Troop. The month of September was not merely about hard work, but there was an overnight camping trip at Community Beach that Scouts had the opportunity to attend. During the day there was a vigorous game of kickball (parents v/s Scout), the parents ended up forfeiting the game, due to being outmaneu-

vered by the agile Scouts. There was a cook out on the beach that evening and a bonfire.

The theme for the September Pack meeting was "Soaring to New Heights." During this time the Scouts sang such great songs as "The Astronaut Song" and "The Noble Captain Kirk", participated in-group activities and had a "pop test" about various planets within our solar system.

The theme for the October/November meeting will be "Once Upon a Time". The Troop meeting was on November 1st and was held in Naval Hospital's Chow Hall. Each of the packs had a crest designed by the members of the pack. The Scouts went on a Bear Hunt (no worries no animals, or Scouts, were harmed during this event), participated in various skits and tried to see who had the most spirit. After all the hunting and hollering the young men were famished and enjoyed the ice cream social.

If you have a child who would be interested in Scouting, please contact LTJG Vance Vogel vtvogel@rroads.med.navy.mil, the Scoutmaster for Troop 48 and he will be happy to supply you with any information you would need to start the adventure of Scouting.